



May 4th, 2020

Attn: John McCowen, 2nd district
Board of Supervisors
RE: CrossFit Firefly, opening

Dear Supervisor. McCowen and Board of Supervisors,

I would like it to be on the record that we are ready to reopen and strongly believe we should be allowed to reopen right now given the conditions of Covid-19 in our county.

In order to understand the following recommendations and protocols it is important to understand the nature of our industry, it's similarities to other industries and also how it is different.

CrossFit training uses constantly varied functional movements performed at relatively high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life and for life preparedness.

The community that spontaneously arises when people participate in these workouts is a key component of why CrossFit is so effective, and it gave birth to a global network of CrossFit affiliates that number over 15,000. Overall, the aim of CrossFit is to forge a broad, general and inclusive fitness supported by measurable, observable and repeatable results. The program prepares trainees for any physical contingency—not only for the unknown but for the unknowable. The program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience, age or ability.

The first boxes sprang up in garages, parking lots and anywhere space could be found, each with its own unique style. From the beginning, CrossFit has provided an alternative to the prevailing commercial gym establishment and stands apart from most physical disciplines with its foundational focus on nutrition. CrossFit not only provides a workout for all of the benefits that are commonly known to be conferred by regular exercise, CrossFit also directly attacks the disorders and metabolic diseases so common in our society. Factors that are found increasingly to be involved in the comorbidity rates of the unfortunate terminal and worst cases of Covid-19.

We are unlike many gyms with 24 hour open facilities that members can enter when they want, use whatever they want and have little tracking of what has been handled, and needs attention - let alone disinfecting CrossFit facilities are open and flexible spaces with minimal mechanized equipment. Training is conducted by certified trainers who are actively engaged and alert to the needs of members and conditions on the floor. Classes are run with a ratio of 1 trainer per 10 athletes. Members RSVP electronically ahead of arriving for class. This was common practice before Covid-19 and clearly lends itself to the implementation of enhanced cleaning and safety procedures currently needed.

Four weeks ago we called on all CrossFit affiliates and similarly run fitness facilities in our Congressional District and have met every week since. We are working with the Government Relations Specialist and national lobbyist for CrossFit, Inc. who is leading the science based effort for CrossFit

gyms to be declared essential businesses. Most of the businesses which attend our meetings had implemented a common set of safety protocols at least two weeks prior to sheltering in place ordinances. These universally included:

- hand washing upon entrance
- increased hand sanitizer and hand washing stations on premises
- signage for compliance and education
- no sick, or recovering members with illness allowed
- increased working space for classes as well as transition times
- enhanced disinfectant requirements for equipment handling by staff and athletes
- end of day floor and equipment cleaning/ some increased professional cleaning contracts
- observance of all public health recommendations regarding physical distancing
- decrease in class size
- minimal equipment use or body weight workouts only
- moved classes outdoors as weather permitted
- required immunocompromised members to stay at home
- began providing “at home” workouts and virtual support

But quickly everyone closed and we watched 96% of the United State’s CrossFit boxes close. 45 facilities have permanently closed in California alone. We only recently opened after a protracted building renovation in downtown Ukiah and time will tell if we will survive. Several of our members are on the front lines of this pandemic, from police officers and first responders, to emergency room nurses and restaurant workers, doctors to court judges, biological researchers and janitors. For all of our members, but especially these folks - CrossFit is not only a physical discipline it provides them with mental and emotional sanity and keeps them capable of handling their jobs. If this isn’t essential we do not know what is. In the last phase of closure we tried to stay open for them. We don’t need to tell you that in troubled times with increasing rates of alcohol and drug abuse, domestic violence and child abuse, crime and punishment, that businesses dedicated to the health and well being of a community are a vital resource.

We have reached out in numerous ways, offering flexible options to be allowed to operate. We are willing to give ample physical space well beyond recommendations, to teach small classes in our parking lot programmed with a single piece of equipment or body weight only with many redundant protocols in place (see attached document.)

We have attended almost every public health meeting, small business meeting, supervisors meetings, and CA governor briefings and submitted questions seeking clarity. The only thing that seems clear is that leadership is lacking, fear is ruling the day and common sense has left the building. We implore you to implement a process for reviewing individual businesses and determining if they have proper procedures in place to effectively reopen. Far more than ever before - one size does not fit all and we need to work from a situation based perspective to get **any** part of our business community functioning again - for the health of our whole community.

With great consideration and respect for the moment we are all in,

Tracy and Ferdinand Thieriot
CrossFit Firefly



RE: protocols for reopening

This is an outline to demonstrate the protocols we are willing to put into place to open as soon as possible!

Before arriving:

- RSVP's for scheduled times will be required before arrival
- A signed agreement for terms of use and adherence to all Covid-19 protocols will be required
- No immunocompromised or high risk members will be allowed on premises until a future time to be determined

Upon arrival:

- Signage will be placed at the entrance of the facility to instruct members that they can not enter if they have been diagnosed with Covid-19, had Covid-19, are showing any potential symptoms for Covid-19, or have had contact with anyone who has had/ has/ or is recovering from Covid-19.
- Signage will be placed at the entrance of, and throughout, the facility instructing members on all required protocols and how to properly perform them.
- Screening of members will be completed before entrance to the facility. This will include a verbal health questionnaire and temperatures check. Clear, physically distanced path of travel and waiting area will be provided outside of the facility to allow for screening. Members exhibiting a fever over 100.4°, cough, congestion, shortness of breath, or respiratory symptoms will not be allowed to enter.
- All member management or check in procedures will be done by 1 staff member or trainer with proper physical distancing with proper PPE, including mask and gloves.

Upon entrance

- A handwashing station will be available upon entering the building.
- Occupancy will be limited to enforce social distancing requirements. Each member will be allowed 100 to 125 sq ft (approx: 10'x12' rectangle) of space clearly demarcated, with delineated paths of travel.
- Time will be allocated for increased length of separated arrivals and departures to avoid gatherings.

- Equipment will be limited to single use interactions. Each piece of equipment will be cleaned and sanitized before and after use.
- Sanitization stations will be provided at every work space. Stations will also be disinfected between uses by staff with proper PPE.
- Trainers and staff will be instructed and trained to require and implement all protocols.
- Trainers and staff will wear PPE. Masks and gloves will be provided.
- Congregation will not be allowed within or outside of the facility. Members will be required to depart directly after class.
- Reception area, sauna and locker rooms will remain off limits.
- One restroom will remain in use. Disinfecting wipes will be provided for members to wipe down commode, door handles and other surfaces after use. Restroom will be cleaned and disinfected by staff between classes.
- Areas of use will be thoroughly cleaned at the end of each day.

In the case of exercise it is highly discouraged to require the use of a mask as it can constrict air intake and the exchange of oxygen. Greater physical distancing during physical exercise can mitigate the need for masks. Trainers and staff, however, could wear a mask without danger. Athletes could wear them to and from their stations.

Options

1. CrossFit can be done outdoors with minimal or no equipment and plenty of physical distancing.